

Fresh Gazette

Monthly update on all things fruit & veg!

November News

You would have noticed the last few mornings have become a bit frosty which is a great indication that winter is well and truly on it's way. When the weather drops we all do away with the salads and want something that's going to warm the soul. This time of year there is an abundance of produce that will compliment your winter menus full of seasonal delights. From aromatic quinces to hearty mixed squashes November is an amazing time of year for seasonal fruit & vegetables.

Veg & Salad

Avocados are still holding a higher price and look to do so for the rest of the month. All English **lettuces** and **soft leaf salads** have now finished and will be coming from Spain & France. **Tomatoes** are all switching over to Spanish also, prices are still quite volatile. There is some lovely Italian salads available such as **puntarella**, **tardivo** & **castel franco**. English herbs have now finished and the Spanish season has just started so quality will not be at it's best until the season is really underway.

Celeriac is a good price and quality is excellent, always a reliable root vegetable. **Broccoli** will now start coming from Spain and we are hoping for a good season. **English tenderstem** is now finishing and we will see a slight shortage until Spanish season starts so may be a bit tricky this month. Kenya are experiencing torrential weather conditions and this has had an affect on **extra & fine beans**, **mange tout** & **suga snaps**. **Leeks** are a good price and really good quality. There is still an abundance of **mixed squashes** and **pumpkins**, the quality is outstanding and they are all grown in the UK. Produce which has now started it's season ready for the festive period is **brussels tops**, **Brussels on stalk** and **fresh brussels sprouts**. **Chervil** and **parsley root** are in season and a great root vegetable. **Coloured cauliflowers** in orange, yellow & purple are available but we recommend pre-ordering to ensure availability. **Kalettes** should be around by the end of this month which are always extremely popular for the festive season. We have seen some **January king cabbage** around but it is still very early season so availability is hit and miss. **Kale & Black cabbage** will be at the height of its season now until after Christmas. Crosnes (Chinese artichoke) has started however they are quite pricey so do call for a price before ordering.

BREXIT! 🇬🇧

As we are all still uncertain what the outcome will be, we would like to assure our customers that we have all the necessary permits in place that enables us to still trade with European companies in the case of a no deal Brexit. We will of course do our very best to keep you informed if and when there are any further updates or changes.

From our Forager

Rosehips and sloes are the highlight this month and recommended to act quick as the season will soon be over. Sea vegetables are always consistent from our forager based in Norfolk. Aster, purslane and beetroots are the best sea vegetables we recommend. Alexander seeds and fennel sticks are also available this week. Give us a call to discuss pre-ordering and more details on our foraged products.



Fruit

Blackberries have been super dear, only Dutch around currently, so they have the monopoly of the market. All other berries will be costing more than the summer months as UK season is completely over so we only have the option of importing. Leafy clementine's have started but expensive, satsumas are also around but the quality isn't the best as it is only the start of the season, however quality will improve. Fig are still good quality and price so take advantage. Grapefruit will go over to Turkish mid month so will ease prices slightly as they have been costing more than usual. Grapes are good quality and price and should stay consistent for the month. Kiwi is good price and quality. Lemons are holding their price; Spanish will start this month so hopefully we will see them ease for December.



Limes are still short and juicing varieties are hit and miss on availability; this looks the case for at least another 2weeks. The only stonefruit available is varieties coming from new Zealand and south Africa, quality is really poor and prices are extortionate. Pink lady apples have not been great quality as there is not much variety available, French season will start any minute so we will then see some consistent good quality fruit. Just in time for Christmas fresh cranberries have started. Pomegranates are great at this time of year, they come in a variety of sizes. Kaki fruit season has also started and these are highly recommended. There is also some more unusual citrus fruit coming through such as Yuzu, Zebra lemons and finger limes are fantastic, give us a call to check prices and availability before ordering. Fresh quinces are available and coming in really good sizes, their fragrance is just outstanding.

Wild Mush Corner

Yellow & Grey Chanterelle's are at their peak season

Ceps—The king of wild mushroom! At it's best right now

Trompettes are available until December but higher in price until end of October

Pied Du bleu—Such a lovely looking mushroom and always a more reasonable price.

Girolles will be available But higher in price

